Chichester Herald

Friday 21st March 2014
YOUR FREE WEEKLY NEWSPAPER
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Police step up hunt for killer

>> £10,000 reward in hunt for Valerie Graves's murderer

Susanne Reed
NEWS@CHICHESTERHERALD.CO.UK

DETECTIVES investigating the murder of a woman who was killed while house-sitting for friends are offering a £10,000 reward for information leading to the conviction of her killer.

More than 200 people have been interviewed after Valerie Graves was found with serious head and facial injuries in a ground floor bedroom at a waterside property in Smuggler's Lane, Bosham, near Chichester, on 30 December.

Sussex police have also taken more than 100 statements as part of the investigation, but feel there may still be witnesses with important information who have yet to come forward.

The 55-year-old artist was beaten to death as she house-sat with her mother, sister and her sister's partner while the owners holidayed abroad over Christmas.

A 22-year-old man was arrested on suspicion of her murder in January but was released on bail.

Police have previously released an image of a hammer which was found nearby and is believed to be the murder weapon.

They also received around 20 calls after a BBC Crimewatch appeal in January.

Detective Superintendent Nick May, from Surrey and Sussex major crime team, said: "This was a savage attack, where a significant level of

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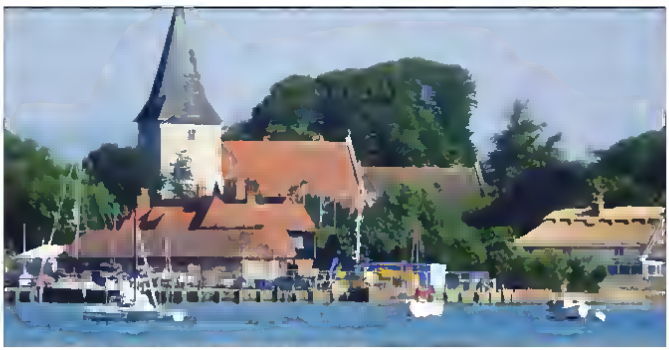

Police are carrying out door to door enquiries in the picturesque village of Bosham

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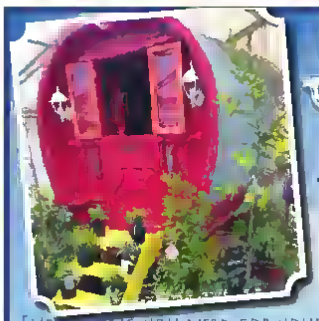

JUST IN

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£10,000 reward in hunt for Valerie Graves's murderer

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violence was used.

"We know that a hammer, found nearby in Hoe Lane, was used by the offender and we are seeking the public's help to catch this person before they hurt someone else.

"We particularly appeal to anyone who knows personally, has met professionally, or has a relationship with someone who is violent and who may have used, talked about or threatened violence with a hammer in the past.

"You may have your own concerns or suspicions about this person already, but for your own reasons have not yet come forward.

"Let me reassure you that we can support you whatever your concerns, but this person must be caught."

May also asked for anyone who was in the area of Smuggler's Lane, Hoe Lane or nearby on the afternoon of Sunday 29 December until 10am on Monday 30 December to come forward.

He said: "If you saw anything suspicious or have noticed anyone acting strangely since, I urge you to contact us, no matter how incidental you may think your information to be – it could be a vital clue."

Sussex police are offering the reward of £10,000 for any information that leads to the arrest and conviction of the killer.

May said they were keeping an open mind as to the motive for the killing.

Chief Inspector Justin Burtenshaw, district policing commander for Chichester, said: "Some local residents are obviously concerned and we want to do all we can to reassure them.

"I have ensured that extra patrols continue in the area and the neighbourhood policing team is available in Bosham to speak to residents about their concerns.

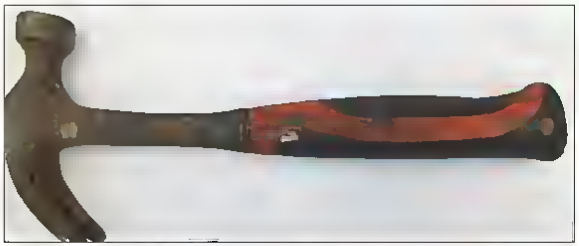
"In addition to the extra patrols, there will be daily opportunities to speak to a local officer from 11am to 12 outside the Bosham Craft Centre in Bosham Lane and from 7pm to 8pm outside the Co-op store in Delling Lane."

Anyone with information should ring 101 or email 101@sussex.pnn.police.uk quoting Operation Ensign, or call Crimestoppers on 0800 555111.

Let us know what you think @Chiherald

Valerie Graves was found with serious head and facial injuries in a ground-floor bedroom at a waterside property in Smuggler's Lane, Bosham

Detectives in hammer appeal



The hammer was discovered by officers investigating Ms Graves' murder

DETECTIVES investigating the murder of Valerie Graves are appealing for information from anyone who has been threatened by violence with a hammer.

Sussex Police said they were making a very specific appeal for information which could help solve the murder that took place in Smuggler's Lane, Bosham.

A hammer used in the attack was found nearby in Hoe Lane and discovered by officers.

"We are seeking the public's help to catch this person before they hurt someone else," said Det Supt Nick May.

"We particularly appeal to anyone who knows personally, has met professionally, or has a relationship with someone who is violent and who may have used, talked about or threatened violence with a hammer in the past.

"You may have your own concerns or suspicions about this person already, but for your own reasons have not yet come forward."

The hammer is about 1ft (30cm) long, with a distinctive red and black handle and is embossed with the words Forge Steel, with a picture of an outline of an anvil.

It was available to buy in branches of Screwfix UK.

Anorak Corner

Interesting snippets of information about Chichester

The Chichester Cross, which is a type of Buttercross familiar to old market towns, was built in 1501 as a covered market place. It stands at the intersection of the four main roads in the centre of the city.

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Tweets of the Week

All tweets are from Chichester people or about the area (Some tweets may contain errors) **Let us know what you think @Chiherald**

@Chi_College • Mar 19
3 DAYS until Chichester College's Open Morning! This Saturday 10am-1.30pm. Don't be a stranger come and say hello!

@STWHChi • Mar 17
It was a great day on Saturday at Tesco in Chichester promoting our Moonlight Walk, thanks to everyone who said hello!

@ChiPeregrines • Mar 13
Beautiful morning at Chichester Cathedral and wonderful views of our Chichester Peregrines family

@CassieKing • Mar 19
Chichester College win Young Gardener of the Year competition at Ideal Home Show

@BeachHutsHire • Mar 18
We have just added a new beach hut for sale to our web site http://bit.ly/1nYqs9t located at West Wittering, West Sussex #beachhuts

@Pedal4Health • Mar 16
Thankyou East Wittering for making my London guests happy this weekend. Great food from @theshorekitchen @samphireeastwit #driftincafe

@ChloeLintott • Mar 14
I've booked my goodwood ticket without knowing if I can get it off work or how I'm getting there and back

@HMCGSelsey • Mar 16
Selsey Coastguard mud rescue team deployed today to a lady stuck in a kayak in the mud at Bosham. With help from @portsmouthcg

@BoxingAwards • Mar 17
Great session with chichester uni Boxin awards stating in the uni soon. Lots keen to box and become boxing tutors

@AlexaGreenTV • Mar 19
Turning colder by the end of the week. Hope you've made the most of the mild weather! @BBCSouthNews @BBCSouthWeather

Some bozo in a hired van had parked up across two bays

CHICHESTER BUS DRIVERS

Our bus drivers are pretty damn good round here but one or two spoil it for the rest. My wife got on and paid her fare, pulled the ticket as it came out of the machine. The whole roll of paper came out. The driver snapped "That's what happens when you're impatient". Those were his words. Not "Sorry madam let me help etc". Sitting at the back she noticed everyone had a similar problem. When she got off she took a stance and glowered into his little cubicle. I normally say thank you to the driver but you are rude so as you are learning I have cursed all machines you touch until you are polite. Apparently he pulled a face like the man in an alien film who is the first to see the monster.

MISSING MALAYSIAN FLIGHT

At the time of writing this the media is turning Flight MH370 into a modern day mystery to rival the Mary Celeste and that gigantic explosion in Siberia in 1917. Folks, it's still about 239 souls and their families.

CONFUSED

American scientists have proved that 13 billion years ago in the first trillionth of a trillionth of a trillionth of the universe's existence it inflated from a smallness so small we can't imagine it to the size of a marble. One almost envies all these Creationists. In the US. Except Creationists seem to be deeply anxious people, like the witnesses you get at the front door. I guess for fundamentalists fear of offending God is greater than atheists fear of oblivion.

THE COSMIC MICROWAVE BAND

The images which revealed how the universe started are on the Cosmic Microwave Band. If I was a kid who could play 3 chords on the guitar I'd start a group up with that name.

GUITAR TRUTHS

Lou Reed said: "One chord is fine. Two chords are pushing it. Three chords is getting into jazz..."

NOEL EDMONDS

Nolly says he wants to buy the BBC. If it was up for sale Richard Branson would be in like a rat up a drainpipe, fighting off Ted Turner-Murdoch and any number of oligarchs and oil sheiks. Edmonds calls his bid "Operation Reith". Lord Reith was nearly three feet taller than Noel in so many ways.

THE TIP

I like the Chichester Tip, it's clean, well organised and the people who work there are dynamite. One suggest on getting your car backed into one of the bays is stressful. On Monday some bozo in a hired van had parked up across two bays and nobody said anything. They could use someone on traffic duty.

JOKE

A man goes to a pet shop looking for something different. The assistant sells him a "Karie Bird", flightless but which can sing any song. Doesn't just whistle the tune it knows all the words. At first the man is delighted. He comes down in the morning and says "New York, New York" and the Karie sings "Start spreading the news." Or he shouts up the stairs "Delilah!" and gets "I saw the light on the night that I walked past her window." But after a while he gets sick of the noise, the whole cabaret performer fake sincerity. He tries to sell the Karie, but no takers. People come round and are horrified by the idea of sharing a life with something even less endearing than Barry Manilow. One night he stuffs the poor bird into a barrow and wheels it to a massive cliff edge. The bird looks down at the drop and gulps. The man feels a surge of pity. Until the bird opens its beak and yes sings: "It's a long way to tip a Karie, it's a long way to go..." Sorry. This is the worst joke I know but it knits with the stuff about the tip.

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Chichester Herald is a free weekly newspaper available for self-selected pick up every Friday across Chichester and the surrounding area in a wide variety of locations with a weekly readership of up to **83,000**

Distribution locations include: Tesco, Sainsbury's, Waitrose, Iceland, Chichester bus station, Chichester train station, Westgate Leisure Centre, Nuffield Fitness & Wellbeing, Cineworld, newsagents, One Stop, Chichester College plus **422 newspaper stands** in the area. Chichester Herald is also in all coffee shops. We also distribute at least one newspaper to the majority of businesses in your area including industrial estates and the outskirts of the city.

Pick up point areas and businesses delivered to include
Aldwick, Arundel, Barnham, Bognor, Bosham, Bracklesham, Chichester, Emsworth, Fontwell, Goodwood, Midhurst, Nyetimber, Pagham, Petworth, Rose Green, Selsey and East & West Wittering.

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It really does work... the testimonials
Furniture & More, based in Terminus Road, say: "Whilst a couple were having a coffee in Tesco they picked up a Chichester Herald from the stand in the cafe. They were in Chichester looking for furniture. Having seen the advert they came around to the showrooms and having been impressed with the quality and prices, they ordered a large selection of goods from us!"

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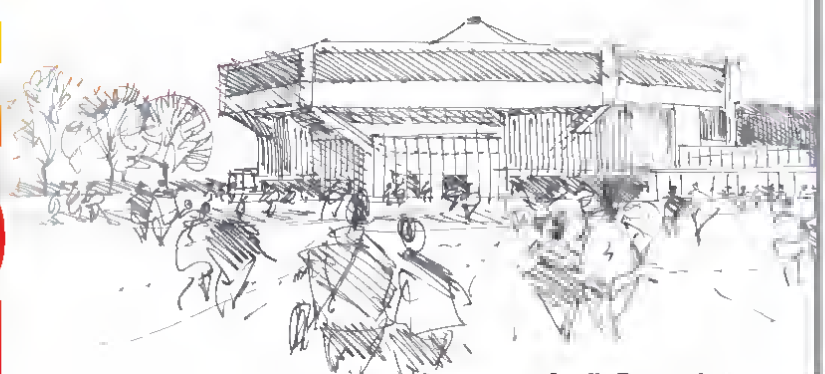

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3rd Bexhill on Sea and Rye
5th Swanage
5th Swanage and Corfe Railway
8th Cambridge
10th Ponies Pubs and Panoramas with lunch included
19th Sherborne Castle
20th National Quilt Championships
29th Blackbushe Market

JULY
3rd St Michaels Abbey Farnborough
6th Bourton on the Water Cotswolds
8th Alton on Market Day and The Lavender Farm with Cream Tea
10th Hampton Court Flower Show
11th Stratford on Avon
11th Stratford on Avon and River Cruise with Cream Tea
16th Weymouth
16th Bennetts Water Garden
18th Breakfast by the river
21st Nymans Gardens
23rd Warners Sinah Warren - Lunch and Entertainment
26th Wells on Market Day
29th New Forest Show

AUGUST
1st Summertime Meander
4th 6 hour Cowes week special cruise with cream tea
19th Newbury and the Kennet and Avon Horse Drawn Canal inc afternoon tea & cake
23rd Wings and Wheels
25th Highclere Castle & Exhibitions (home of Downton Abbey)
27th Sidmouth
30th Great Dorset Steam Fair

SEPTEMBER
15th Edwardian Experience Windsor to Bray Cruise with afternoon tea
18th London Olympic Legacy Orbit Tower with Carvery Lunch
25th Lymington Street Market and Beaulieu

SEPTEMBER
23rd State Rooms at Buckingham Palace
23rd London Shopping
25th Christs Hospital Verne Tour with afternoon tea

OCTOBER
7th Hawk Conservancy Trust
9th Bletchley Park
21st Autumn Tints
23rd Marks and Spencers Hedge End and Borden Country Market
29th Salisbury
11th Are you being served - London tour

NOVEMBER
30th Birmingham International Tattoo

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Crackdown on rogue drivers in Chichester district

DRIVERS committing offences on the roads were stopped and punished in a crackdown in the Chichester area.

Officers from the neighbourhood policing team and the roads policing unit were joined by staff from the Vehicle and Operator Services Agency (VOSA) for the day of action in Southbourne on 3 March.

A total of 11 motorists who were not wearing seatbelts were given fixed penalty notices, one vehicle was seized for being driven without insurance while the DVLA was notified that another driver was not displaying a valid tax disc.

VOSA also banned three vehicles from being driven away after staff checked them and decided they were not safe to be on the road. The details of an UGV driver were sent to the Traffic Commissioner after it was found being used without insurance.

PCSO Jason Lemm said: "We have continued to listen to the concerns of local residents and road safety continues to be an issue for many communities within Chichester district, in particular the issue of speeding.

"It's fantastic when we are joined by other partner agencies such as VOSA and our colleagues in roads policing on days of action such as these, as we can really make an impact."

Sussex Police loans speed calming equipment to Community Speed Watch volunteer groups across the county.

If you're interested in joining a group or setting one up, visit www.sussex.police.uk and contact your local PCSO who will be happy to answer any questions.

Could you help solve a burglary at a home in Selsey?

POLICE are appealing for witnesses to a burglary at a home in Selsey while the owner was out.

Between 8am and 5.30pm on Wednesday (12 March) an intruder got into the home in Wellington Gardens and stole a gold sovereign and a gold half sovereign.

A 34-year old man from Selsey has been arrested on suspicion of burglary. He was questioned before being released on bail until March 26.

Sussex Police launched Operation Magpie to tackle burglary across the county.

Detective Constable Elaine Keating said: "Although we have made an arrest, I need to speak to anyone who was in Wellington Gardens on Wednesday and may have seen someone acting suspiciously.

"If you saw anything that did not seem right, please contact me.

Anyone with information should call 101 quoting serial 1202 of 12/3, email 101@sussex.pnn.police.uk or call the independent charity Crimestoppers anonymously on 0800 555111.

Teenager injured in Birdham collision

A TEENAGER has suffered serious injuries after being involved in a collision on Wednesday March 12.

It happened on Bell Lane near to Birdham at 5.25pm when the boy, a pedestrian, was in collision with a black Peugeot 107. He was taken to Southampton General Hospital with serious but not believed to be life threatening injuries.

Anyone who saw what happened is asked to contact police on 101 or email collision.appeal@sussex.pnn.police.uk quoting Op Enville.

Gang of professional burglars jailed for 24 raids in West Sussex

A GANG of professional burglars who toured the south east breaking into homes have been jailed for a total of 26 years.

Liam Riley, Leigh Ash, Steven White, Guy Harbord and Justin Collins worked together to burgle more than 80 homes over two years in West Sussex, Surrey, Essex, Oxfordshire and Hampshire.

Detectives from Sussex Police worked with colleagues in each of the other counties involved to bring the five men to justice at Winchester Crown Court.

Sussex Police launched Operation Magpie last year to tackle burglary across the county.

Between 2011 and 2013 a total of 24 homes in rural locations in Sussex were targeted by the gang. In each case they struck during the daytime after waiting for the owners to go out, first forcing open doors and windows and then stealing jewellery and antiques worth an estimated £250,000.

At some of the homes they took keys and stole vehicles off the driveways before fitting them with false numberplates so they could be used as getaway cars.

They were caught after a team of detectives from a unit dedicated to preventing and solving burglaries collected forensic evidence and used technology to trace the journeys the men had made.

Among the homes targeted were properties in Wisborough Green, Midhurst, Upper Easebourne, Loxwood, Farnhurst, Rogate and Fulking.

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Sainsbury's Chichester donates food to Stonepillow

SAINSBURY'S Chichester has donated surplus food that is still healthy, nutritious and within its use-by dates to Stonepillow.

The food donation scheme is aimed at charities and organisation that could really benefit from receiving surplus fresh food products that would otherwise go to waste. The types of items which Sainsbury's Chichester will be donating to Stonepillow situated in Hunston Road, include sandwiches, cakes and ready meals.

Emily Skiggs, from Stonepillow, organises Stonepillow volunteers to collect the food from the cafe at the end of day, three days per week, with Sainsbury's Chichester.

Store Manager Kay Goacher said: "We hate wasting food and really believe that old saying 'waste not, want not' We are really grateful that Stonepillow and other local charities within our community can benefit from Sainsbury's food donations scheme."

Emily said: "We are also very grateful to our community volunteers who donate their time to collect the donations and deliver to our project Sainsbury's staff member Gemma Green has also offered to help out with collections."

Nationally Sainsbury's works with the organisation FareShare, who distribute surplus food to local charities and projects Sainsbury's has been working with FareShare since 1994.

Andy White, Community Affairs manager for Sainsbury's said: "There are hundreds of hungry mouths to feed in your local community and by donating food to charities and organisations we are saving thousands of tonnes of food needlessly going to landfill."

Colleagues at Sainsbury's Chichester chose Stonepillow to be their new food donation partner in February. The charity will now benefit from regular donations of surplus food from the store.

Sylvie Johnston, Stonepillow's Chief Executive said: "We're delighted to be receiving this kind donation from colleagues at Sainsbury's Chichester who have helped to raise awareness of our cause. These items really will benefit local people suffering from food poverty. We're now looking forward to working with the store during the rest of 2014."

Parents urged to plan ahead as teachers' strike approaches

PARENTS in West Sussex are being warned that schools could be forced to close or partially close when members of the National Union of Teachers (NUT) take industrial action later this month.

West Sussex County Council is warning parents to expect disruption to a number of schools when the strike takes place on Wednesday March 26.

Parents are being advised to check with their child's school to see what impact the action is likely to have and whether the school will be closed or partially closed to some classes.

Decisions about whether to close a school for the day are taken by individual headteachers and governing bodies. If a school remains open the headteacher and governing body need to check they have appropriate staffing arrangements in place to ensure the safety of pupils.

The County Council has stressed that the industrial action is the result of a national dispute between the Government and the teaching union and it has no control of the situation locally.

People can find details of any school closures or partial closures on the County Council website at www.westsussex.gov.uk or by checking individual school websites.

Parents should be aware in some cases a decision to close a school may be made at very short notice.

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Chichester College crowned for the third year running

CHICHESTER COLLEGE Horticulture students have officially been crowned national treble winners' after being awarded Gold medal in the 'Ideal Home Show Young Gardeners of the Year' competition for the third consecutive year at The Ideal Home Show at Earls Court in London. They were also awarded 'Best in Show'.

The annual competition is run in association with the Prince's Foundation celebrating young green' talent in the UK. Six Horticultural Colleges go head to-head each year to create a show stopping garden for public display seen by a quarter of a million people, based on the organic and sustainable principles that the charity's President, HRH the Prince of Wales, has championed for so long.

Each College was given a 5.5m x 4m plot to both plan and design a unique and sustainable garden to inspire city dwellers, showing what can be achieved in urban locations. A panel of experts, including Diarmid Gavin, judged the gardens on 24 March and crowned Chichester College with the prestigious accolade against hot competition from five other leading Horticultural College's from around the country.

The team of students, led by Landscape Gardening tutor Mark Howard, constructed their show garden over six very long working days. Using recycled pallets as the cornerstone of their design, they created an urban oasis of colour and calm which captivated the judges.

Chichester College's garden called 'Refreshing the Pallet', was made using 35 reclaimed wooden pallets and uses geometric shapes throughout – pyramids are featured to incorporate height and create focal viewpoints which can be seen from both seating areas due to clever use of reflection. A green roof and living walls also help to absorb noise and pollutants, while offering a habitat to encourage wildlife to flourish.

The students who took part were Will Williams, Katie Perceval, Matt West, Tom Pentecost, Paul Oliver, and Kelsey Orr. Tom and Matt are products of school day release programmes at the College, so to achieve a Gold Medal is a great culmination of their learning journey. It will also greatly assist the careers of all the students to be involved with such a high profile success. Will is going onto the London Garden Design School and Katie will be progressing to University at the end of the course.

The team also included Jackie Lenharth from the Colleges support team who looked after the welfare of the students during their intensive build, and contributed her own planting skills as an ex-garden design student at Chichester College.

Colin Lambert helped resource coordination and transport, along with driver and ex Arboriculture student Darryl Watkins. The Head of Learning for Horticulture Steve Millam also managed to put two shifts in during the build.

Level 3 Horticulture student Katie Perceval said "My experience with the Ideal Home show has been one of the best, I enjoyed every minute of it and I am very thankful for the opportunity. I have gained so much knowledge and worked alongside some of the best lecturers. I have been fortunate to meet, Mark Howard and Jackie Lenharth. Without their experience and encouragement we would not have been able to achieve those high standards. Chichester College are known for. I will never forget this and it will remain with me throughout my life."

Organiser of the Young Gardeners of the Year and TV presenter David Domoney comments: "This year's competition has been great, energetic, and exciting – it's great to see the students showing such passion. It's more than weeding and planting, there's science and further business opportunities amongst other great things. The Ideal Home Show is a great exhibition for championing young talent and fantastic timing as we end the winter season and welcome in the spring."

Mark Howard said "After winning the last two competitions the pressure was really on this year. The students put blood, sweat and tears into it, and they have been on a journey that has seen them support each other to complete a project to an incredibly high standard.

Dr Stephen Millam, Head of Horticulture at Chichester College, commented "This team effort, led from the front as always by Mark Howard, has shown again the enormous expertise and talent within Horticulture at the College and will be looking for more success in the future."

Chichester College took home a £1,500 prize as well as the winning trophy.

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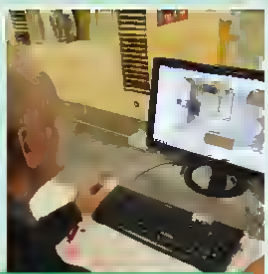

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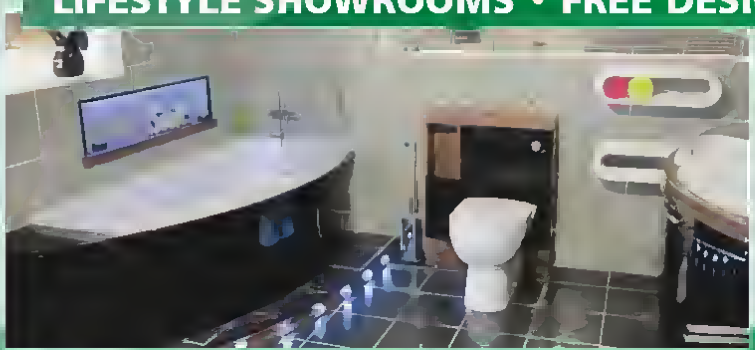

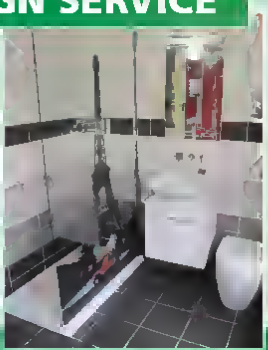

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Everyone's got a book in them

Allis Moss

On the Case

EVERYONE writing a column and everyone reading one has a book in them. I've got a thriller on the backburner, fifty thousand words about a woman called Charlie, who falls through the cracks in her own life and fetches up in a bedsit in the dog end of Deptford, south London. Like many of us I prefer a good down-and-out anti-hero or heroine rather than a clean-cut, well-modulated paragon. Someone whose flaws and failings we can identify with, who's had a few knocks in life but can overcome adversity and the perils of being caught up in the events of a thriller to win through in the end.

"Good really can follow bad," Herald reader Matt wrote in from a town in Hampshire, about life's ups and downs. Rudyard Kipling knew what he meant in his poem If and Chinese philosopher Confucius, who said: "Our greatest glory is not in never falling, but in rising every time we fall."

A long, long time ago

Meanwhile somewhere on the South Pole – a kind of Morse code has finally been delivered from the dawn of time itself. Gravitational waves that rippled out in the instant the universe exploded into existence, picked up at last, aeons later, by a team in thick anoraks and goggles down south. Cosmic inflation is nothing to do with George Osborne's budget but a new slant on the Big Bang. What I just can't get my head around is, what was there before, into what did the cosmos inflate? Was it just nothing? Whatever it was, it's still there, 14 billion years later, just the other side of the ever-expanding universe.

Arcane

Almost as arcane, it's currently a crime to be caught without a TV licence. Thankfully the government is considering making it a civil offence instead. But unjustified and threatening letters sent out by companies should be a crime. I'm not a fan of bureaucracy. Who is, except those who make a living out of it? In this case, from what I can see on the TV Licensing website, that would appear to be Capita Business Services Ltd, the company that administers and enforces the TV licence fee. My pal, Martin just bought a flat. The place was empty for years after the death of an old lady who'd lived there into her hundreds. Martin found a demand from TV Licencing in the empty flat. He rang all the contacts on the piece of paper and tapped in every number as directed to tell the automated service the property was unoccupied. But around a month letter, guess what. A letter warning of court action arrived. Is there an email address to make a complaint? Of course not, just an online form, with no way of knowing if it's been properly submitted or received.

Boxing

Not all BBC programmes are worth the licence fee but sometimes you strike lucky. On just one night on BBC2 this week there was the wonderful Professor Robert Bartlett on those crazy feuding Plantagenets and their matriarch, Eleanor of Aquitaine, who begat the dynasty with toyboy, Henry II. Then author Tony Parsons told us about cultural heavyweights Picasso, Hemingway, T.S. Eliot who loved boxing and put on the gloves, as did Parsons. Boxing is about finding the person inside you, overcoming fear and drawing on discipline and inner courage when there there's nowhere else to hide, he said. Boxers don't want to hurt each other, it's a skill, Parsons added, putting in his gum shield and clambering in the ring. I wonder if it's really as clearly delineated as he claims, separating skill from aggression and brute power when you're fighting to win. Like he said, you play tennis, football, rugby. But you never play boxing.

And finally

If you're feeling down and out and you want to spruce yourself up, you can always join the Red Hat Society. I saw a bevy of ladies of varying ages, all wearing jaunty red hats. Some had teamed a red hat with red shoes. Others were liveried in red all over. They looked like they were having fun. I nipped over and asked one of the gals what she was up to. "We're all in the Red Hat Society," she replied. The organisation began with a woman who gave a friend a red bowler hat when she turned 55 as a birthday present, together with a note, on which was written the first couple of lines from Jenny Joseph's poem Warning.

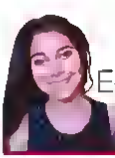
When I am an old woman I shall wear purple

With a red hat that doesn't go and doesn't suit me.

There isn't one for fellas yet. So if you're male and reading this, it's over to you.

Contact Allis: allis.moss@chichesterherald.co.uk

Musical Minds



Mia Edwards

I OWE a lot in my life to music; when you're on a long car journey, there is nothing better than some tunes to heighten your mood and whack away any boredom. There will always be a song that makes you cry every time you hear it. Sometimes you'll hear one in a place that you love, and then every time it's played after that you're brought back there, just for a few seconds.

I also love the feeling when you listen to a song and think 'Jesus Christ, this is amazing.' Even if you've heard it before, there can always be a time when you realise you fricking ADORE it.

But I have to be cautious with music. If I listen to a song to cheer myself up and it doesn't do the job, I just end up associating it with that dark mood and for a few weeks it is avoided. Plus, if I love a song, it is played in my household over and over until I hate it, usually in a futile attempt to retrieve the hyped feeling that I had when I first heard it.

Plus, everyone likes their own tunes, and I've found that there's never a time when it's good to let on an artist that you like to anyone (unless they are willing to be a singing partner with you because that's always rad) because either people get possessive of them ('I saw them live so I think we can all agree that I love them the best') or they're outraged at the fact that you could possibly think that said signer is decent. There are no Blurred Lines in music (ha).

In the end, you have to accept that everybody has different tastes, and even if you know deep down that yours is better than all of theirs, you must keep this fact quiet in order to preserve a friendship. I will never stop listening to The Monkees and that is something that you youths must deal with. AND I hate all of your indie rubbish, I find it so boring. Other than that we can put our differences aside.

I also have my playlists for separate moods. I have my feisty playlist for when I'm feeling sassy and a thoughtful playlist for when I am full of thought. I ultimately think that music is very useful to us all. Just make sure that I approve of all the songs that you listen to first.

CAT AND RABBIT RESCUE CENTRE

The perks of being a house cat

AT THE CENTRE we don't generally rehome cats to indoor homes unless we feel they are suitable. This may be due to an illness or disability, an older cat, occasionally very nervous younger cats or cats that we know are happier indoors. Cats that can go outside enjoy a full and natural lifestyle and it provides them with natural stimulation. So it is often important to create a stimulating environment for indoor cats as they can become bored very easily. Indoor cats enjoy higher elevated places to sleep and observe and hiding places for them to have some alone time. Scratch posts are also good for indoor cats to maintain their claws.

Chip is a very sweet 12 year old white and torty female cat. She has been with us since the 6th November 2013 because her owners were moving abroad and felt it would be too stressful for her. Chip does have some vision loss and would therefore be very suitable as a house cat. She would also be covered by our foster care scheme meaning her new owners can bring her back to see our vet if there are any future problems with her. Chip can be a little nervous at first but she is depressed and would love to find a new home.

Hundreds of cats and kittens are waiting for homes now. The Rescue asks for a minimum donation of £45 for each neutered cat or older kitten which includes vaccination, flea and worm preventative treatment, microchipping and Free PetPlan vet insurance for 4 weeks. An unneutered younger kitten is £70 including a free neutering voucher (to be neutered at The Centre) for when the kitten is old enough.

Homing by appointment 7 days a week.

Cat and Rabbit Rescue Centre, Holborow Lodge, Chalder Lane, Sidlesham, Chichester, PO20 7RJ. www.crrc.co.uk. Tel: 01243 641409

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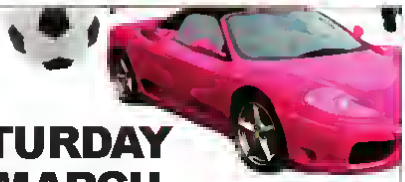

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Chichester college

ChangingLivesThroughLearning

Chichester City FC net sponsorship deal with University

Ladies coach Matt Wright, Vice-Chancellor Clive Behagg, club chairman Mike Madden, first team coach Dr Alex Twitchen

PLAYERS from Chichester City Football Club have scored a deal which will see the University sponsor their kits from next season.

The agreement, signed at last weekend's win over East Grinstead reserves, will provide home and away shirts for the men's development squad and warm up tops for the ladies' first team.

Vice-Chancellor Clive Behagg, who watched the match from the touchline, said it was wonderful for the University to be part of the beautiful game in Chichester.

He added: "We have been neighbours for a long time so it is great to work together, and we are keen to extend the partnership in any way possible."

The football club, which currently sits twelfth in the Sussex County League, plays its home games at the 250-seater Oaklands Park ground next to the University.

Although the team was established in 2000, the new sponsorship deal is the first venture between the club and institution.

First team coach Dr Alex Twitchen, who is also a senior lecturer in sports development and management at the University, said he was delighted with new agreement which will ultimately benefit the city.

He added: "Chichester is a community club and our aim is to bring everyone from the area together by using football and sport as a catalyst.

"Many of the players in the first and development teams are current or former students from the University, so there are already many connections, and this will hopefully be the start of a long relationship."

To find out more about Chichester City Football Club visit www.pitchero.com/clubs/chichestercityfc

Special recognition for cadets

(L to R) Cdt Charlie West, LCpl Tom Taylor, Lord Lieutenant of Sussex, Mrs Pyper, Cdt Matthew Monkman and LCpl Dominic Chege

CADETS from the Chichester High School Combined Cadet Force (CCF) assisted The Royal British Legion on consecutive weekends in November with collections for the 2013 Poppy Appeal.

Many Cadets turned up to help, but five received special recognition as they were on duty for 20 hours or more over the period.

As a result they received certificates, presented by the Lord Lieutenant of Sussex, Mrs S Pyper at a ceremony in Billingshurst recently.

Cadets from other organisations in West Sussex also attended.

Photo of the week

#Chichesterphoto

Cassons Restaurant @Cassons · Mar 13 2014
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Murrays

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Entries close on is Wednesday 26 March 2014 at midday The competition is for one winner who wins a 3 course meal for two from the Prix Fixe menu There is no cash alternative A winner will be announced by Murrays every Wednesday Entry details may be kept on file Last week's answer was: Jack Wills, North Street

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National News

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News in Brief

• A man who alleges the former deputy speaker Nigel Evans raped him was warned by colleagues he would 'get Nigelled" before going to the MP's home, a court has heard. The man, aged in his early 20s, claims he woke up to find the 56-year-old MP on top of him, and he was then raped as he laid "in shock" The man told Preston Crown Court he "froze still" and "couldn t move" during the attack Mr Evans denies nine sex charges

UK police probing the disappearance of Madeleine McCann are seeking an intruder who sexually abused five girls in Portugal between 2004 and 2006 Detectives say the attacks happened in holiday villas occupied by UK families in the Algarve

• The number of people out of work in the UK fell by 63,000 to 2.33 million in the three months to January 2014, according to official figures The unemployment rate now stands at 7.2% of the population, the Office for National Statistics (ONS) said.

• British number one Andy Murray and coach Ivan Lendl have agreed to end their two-year partnership Under Lendl, Murray won his maiden Grand Slam at the 2012 US Open, Olympic gold and last year's Wimbledon

• Detectives searching for missing York chef Claudia Lawrence say they have new lines of inquiry but no prime suspect North Yorkshire Police say her mobile phone was deliberately turned off on the day after she disappeared in 2009 Unidentified fingerprints have been found in her house and a man's DNA found on a cigarette end in her car

Budget 2014: Reaction in quotes

"WITH THE help of the British people we're turning our country around," Chancellor George Osborne told MPs in his Budget statement

"We're building a resilient economy. This is a Budget for the makers, the doers, and the savers."

But what have others made of his announcements?

Opposition leader Ed Miliband
The chancellor spoke for nearly an hour but he did not mention one central fact the working people of Britain are worse off under the Tories Living standards down, month after month, year after year Their 2010 manifesto promised "an economy where people's standard of living rises steadily and sustainably". But they have delivered exactly the opposite. Standards of living not rising steadily and sustainably, but falling sharply and steeply

Lib Dem leader Nick Clegg
I'm extremely proud of what we've presented for savers, for workers, to make sure that we keep energy intensive industries in this country employing thousands of people Of course, I'm most proud of the fact that we have not only delivered the Liberal Democrat flagship policy of raising the point at which you pay income tax as of next month to £10,000 that's a £700 tax cut to millions of taxpayers – we're now over-delivering on that manifesto commitment by lifting the tax allowance to £10,500, and that's worth an £800 tax cut in total to over 24 million people

UKIP leader Nigel Farage
No recession lasts for ever, you know You have four or five years of downward figures, and inevitably after that you get a period of up, and that's what we're going through I don t think that this government has unleashed the full potential of British business. We will finish up at the end of the five years of this coalition government with our national debt having risen by 40%, and that must mean the original objective of the coalition has failed

Green Party leader Natalie Bennett
This was not a budget for a resilient economy but for a fantasy economy that exists only in Mr Osborne's head. It does nothing to address the need to transform the British economy for a low-carbon future that ensures everyone has access to a decent quality of life.

Key points of Budget 2014

Taxation
- Bingo duty will be halved to 10%
- Threshold for 40p income tax to rise from £41,450 to £41,865 next month and by a further 1% to £42,285 next year
- Inheritance tax waived for members of emergency services who give their lives in job
- Tax on homes owned through a company to be extended from residential properties worth more than £2m to those worth more than £500,000
- All long-haul flights to carry lower rate of air duty currently charged on flights to US
- VAT waived on fuel for air ambulances and inshore rescue boats
- Duty on fixed-odds betting terminals increased to 25%

Savings
- Cash and shares Isas to be merged into single New Isa with annual tax-free savings limit of £15,000 from 1 July
- The 10p tax rate for savers abolished
- Cap on Premium Bonds to be lifted from £30,000 to £40,000 in June and £50,000 next year

Pensions
- All tax restrictions on pensioners' access to their pension pots to be removed,ending the requirement to buy an annuity
- Taxable part of pension pot taken as cash on retirement to be charged at normal income tax rate, down from 55%
- Increase in total pension savings people can take as a lump sum to £30,000
- New Pensioner Bond, paying "market-leading" rates, available from January to over 65s, with possible rates of 2.8% for one-year bond and 4% for three-year bond– up to £10,000 to be saved in each bond

Alcohol, tobacco & gambling
- Beer duty cut by 1p a pint
- Duty on spirits and ordinary cider frozen
- Tobacco duty to rise by 2% above inflation and this escalator to be extended beyond the next general election
-

Energy and fuel
- Fuel duty rise planned for September will not happen
- £7bn package to cut energy bills, including £18 per ton cap on carbon price support, predicted to save medium-sized manufacturers £50,000 and families £15 a year

State of the economy
- GDP forecast to grow by 2 7% this year and 2 3% next year, then by 2.6% in 2016 and 2017 and by 2 5% in 2018

Coinage
- Twelve-sided £1 coin to be introduced in 2017

Welfare
- Budget to be capped at £119bn for 2015-16, rising in line with inflation to £127bn in 2018-19 The cap includes child benefit, incapacity benefit, winter fuel payment and income support – but does not include state pension and Jobseker's Allowance

Public borrowing/deficit
- Deficit forecast to be 6.6% of GDP this year, 5.5% in 2014 15 then falling to 0 8% by 2017-18 with a surplus of 0 2% in 2018-19
- Borrowing forecast to be £108bn this year and £98bn next year, leading to a surplus of almost £5bn in 2018-19
- A new charter for budget responsibility to be brought in this autumn
- Promises to make permanent £1bn reduction in government department overspends

Business
- Direct lending from government to UK businesses to promote exports doubled to £3bn and interest rates on that lending cut by a third
- Business rate discounts and enhanced capital allowances in enterprise zones extended for three years

Housing/infrastructure
- Help to Buy equity schemes for new-build homes extended to 2020
- Support for building of more than 200 000 new homes
- £270m guarantee for Mersey Gateway bridge
- A new garden city at Ebbsfleet in Kent
- Legislation to give Welsh government tax and borrowing powers to fund infrastructure needs, including improvements to M4
- £140m extra for flood defence repairs and maintenance
- £200m made available to fix potholes

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Local racecourse gees up the fight against heart disease

THE BRITISH HEART FOUNDATION (BHF) is teaming up with Fontwell Park to offer a life-saving day at the races on Tuesday 10 June. Racegoers can enjoy a day of horse racing with a difference as each ticket sold will help to raise money for life-saving research into heart disease.

This will be the fourth year that Fontwell Park has supported the nation's heart charity and will be the biggest event yet. The money raised will also help continue the great work the charity has done to improve heart health in the Sussex area.

There are around 180,000 people living with heart and circulatory disease in Sussex. The BHF has made huge investments in resources throughout the area to help keep hearts healthy. The Charity has made 579 awards of defibrillators to organisations in the area and also supports 185 Health at Work programmes for businesses to keep their employees healthy and active in the workplace. The BHF also produce hundreds of free publications and leaflets to help heart patients, their families, and people who want to learn more about leading a healthier lifestyle. Over 119,000 heart health resources were despatched to Sussex addresses last year.

Gates for the race day open at noon and racing starts at 2.05pm. There will be seven thrilling races throughout the summer afternoon and Fontwell Park boasts the only figure of eight jump course in the UK. The race day has a range of ticket options available to suit every budget including the BHF Paddock Package, new for 2014. This includes entry, a Race day Programme, £2 Tote Bet, Hot drinks voucher and £3 donation to the BHF. There is also a hospitality package for £75 where you can enjoy fine dining in the premier restaurant.

Kathrine Maynard, Community fundraising Manager at the BHF said: "The fact is coronary heart disease is still the UK's single biggest killer. The BHF's work has been central to the discoveries of vital treatments that are changing the fight against heart disease.

"But so many people still need help and there is much work to still be done. By joining us on the 10 June you can have fun at the races and help raise the money we need to fight back against the nation's single biggest killer."

George Hill, Marketing Manager at Fontwell Park Racecourse said: "It is great to welcome back the BHF to Fontwell Park for the fourth consecutive year. Once again our main aim is to raise awareness and vital funds for this fantastic charity, and with the introduction of the new BHF Paddock Package, this will enable everyone to get involved and support the cause on Tuesday 10th June."

For a full list of ticket prices and hospitality packages please visit www.fontwellpark.co.uk/whats-on/fixture/25-march-2014/

For more information about the event, to become a sponsor and to buy your ticket, contact the hospitality team on 01243 543 335 or email info@fontwellpark.co.uk

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Fantasy day to help a dream come true

THE AWARD WINNING team at the Q Hair and Beauty salon in North Street, Chichester, hosted an extremely special Cut-a-thon on Sunday, March 9.

The theme of the day was Alice's Adventures in Wonderland, complete with appearances by the Mad Hatter and the Queen of Hearts, together with the entire cast of characters in tow.

Many clients are familiar with the strong ethos of this enormously-popular salon, established 42 years ago, and those in the know enjoy the vibrant family atmosphere.

Raising an amazing £3,737.38 on the day took the total sum to the goal of £6,500, the amount the Q team aimed to achieve in what is believed to be a unique fundraiser – to pay for longed-for IVF treatment for a long-standing member of staff.

Hairdressing, including cutting, blow-dry or hair up, was all be available on the day, as well as half hour beauty therapy including express manicures and pedicures, nail file and paint therapy.

Volunteers in the salon's landscaped courtyard hosted a barbecue, adding to the vibrant theme throughout.

Salon owner Anthony Barnes-Smith said: "While we've always been active in both local and national charity, the Q team know charity begins at home and we are pleased we can help make a dream become reality for someone we've worked with for many years."

Goodwood Home Farm wins Sussex Food Producer of the Year award

GOODWOOD ESTATE'S Home Farm was named 'Food Producer of the Year' at Sussex's annual Food and Drink awards ceremony recently

Held at Brighton's Amex Stadium to a crowd of 350 of the county's best food and drink players, the awards highlight, recognise and support Sussex farmers and producers and the businesses which sell and promote their produce

FOOD PRODUCER OF THE YEAR

Goodwood Home Farm, one of the largest lowland organic farms in the UK, was presented with the food producer of year title. The judges were impressed that all Goodwood products are reared or created on the farm, making every single Home Farm product truly 'local'

They also commended Goodwood for its self-sustaining ethos

Tim Hassell, Home Farm General Manager, said: "We were up against some fierce competition, so we were thrilled to receive this prestigious local accolade. It's both rewarding and satisfying to have the quality of our produce recognised This award demonstrates the commitment, passion and talent of the team at Home Farm"

GREAT TASTE AWARDS

The Sussex Food Producer of the Year Award follows wins last year in the 2013 Great Taste Awards for Home Farm's Southdown Shoulder of Lamb and its Molecome Blue Cheese The farm also won a raft of prizes at the Southdown Sheep Society Premier Breed Society Show and Sale, held in Maidstone, Kent, at the end of July 2013

Goodwood's produce is available through its wholesale business based at Home Farm which is open to the public; it also supplies shops, pubs and restaurants, based in Sussex, Hampshire and beyond It is also served throughout the Goodwood Estate's venues and restaurants including The Richmond Arms, Goodwood Bar & Grill, The Kennels and the Aero Club Cafe, as well as at all the Goodwood events

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Arts & Entertainment

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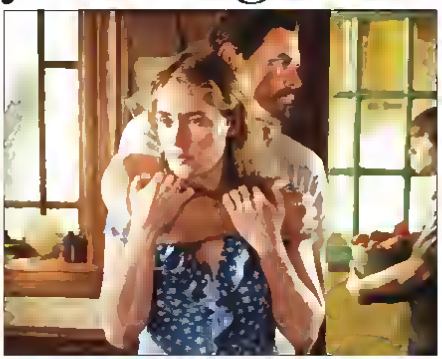
Now showing at Cineworld Chichester

A deeply moving coming-of-age story

Labor Day
Running time 111 mins
Director Jason Reitman
Starring: Kate Winslet, Josh Brolin, Gattlin Griffith, Tobey Maguire,

★★★★☆

Jason Reitman's latest film is an emotionally engaging and suspenseful blend of thriller, romance and coming of age story with a strong script and a trio of terrific performances from Winslet, Brolin and newcomer Gattlin Griffith



What's it all about?

Directed by Jason Reitman, Labour Day is based on the novel by Joyce Maynard and stars Kate Winslet as Adele, a depressed and reclusive single mother who has retreated from the world since the breakdown of her marriage and lives alone with her 12 year old son Henry (Gattlin Griffith). While on a rare shopping trip to the supermarket, they meet Frank (Josh Brolin), a wounded man, who persuades Adele to drive him back to their house and let him rest there for a while.

Frank immediately informs Adele and Henry that he's an escaped convict and that the police will be looking for him, in which case he may need to tie them up so they can claim he kidnapped them. However, over the course of the five day Labour Day weekend, both Adele and Henry begin to warm to Frank in unexpected ways.

The Good

Winslet is on typically excellent form as Adele, delivering a heart breaking performance as a broken woman who's never recovered from the loss of love in her life and who suddenly finds unexpected romance. Brolin is equally good as kind-hearted Frank (the world's nicest convicted murderer) and newcomer Gattlin Griffith is a revelation as young Henry, perfectly conveying the cusp of wide-eyed innocence and the gradual dawning of adult experience, there's also strong support from Clark Gregg (as Henry's remarried and still local father) and Brighid Fleming as Henry's love interest, while Tom Lipinski (as young Frank in flashbacks) looks so much like Brolin that you suspect the filmmakers of digital trickery.

The script skilfully combines elements of thriller, romance, melodrama and coming of age story and it's to Reitman's credit that the film delivers on each of those levels. In particular, Reitman maintains a powerfully engaging, hold your breath-suspenseful atmosphere throughout – the three main characters essentially begin to live in their own perfect world (coincidentally, the film strongly resembles Clint Eastwood's underrated A Perfect World) and you start to fear every knock on the door which could shatter it.

The Great

Reitman also packs the film with a number of unexpectedly delightful scenes that in the wrong hands could have backfired horribly – for example, Frank turns out to be a surprisingly excellent baker and there's a beautifully shot pie-making sequence that will a) make you very hungry for pie and b) make you wish you had scribbled down all Frank's pie-making tips.

Worth seeing?

Labour Day is a well made and superbly acted blend of thriller, romance, coming-of-age story and melodrama that is by turns suspenseful, charming and deeply moving. Highly recommended.

Still time to take part in Chichester's Sport Relief Mile

The Sainsbury's Sport Relief Mile

THERE IS STILL time to get your running shoes on and enter for this Sunday's (23 March) Sainsbury's Sport Relief Mile!

Chichester's Sport Relief Mile takes runners through the University of Chichester Campus, along the tree lined path circling Crayfingwell Park before finishing back at the University campus.

You can enter through the Sport Relief website www.sportrelief.com or through the council's website at www.chichester.gov.uk/sportrelief.

Councillor Eileen Lintill, Cabinet Member for Wellbeing and Community Services at Chichester District Council, says: "There's something for everyone as you can walk, run or jog, one, three or six miles. So what are you waiting for? Sign up now. It's for a great cause as the money you raise for Comic Relief will to help transform lives here in the UK and across the world's poorest countries."

As well as the run and there will also be:

- free sports taster sessions for children;
- Play Mosaic will be providing provide fun play sessions for toddlers, and
- the Spirit FM roadshow will be providing entertainment.

For more information contact the Sport and Leisure Team at Chichester District Council on 01243 534857 or email sport@chichester.gov.uk.

Competition

WIN TWO TICKETS TO CINEWORLD

FOR A CHANCE TO WIN 2 TICKETS, ANSWER THE FOLLOWING QUESTION

Q **Kate Winslet married which famous businessman's nephew in 2012?**

A. ALAN SUGAR
B. RICHARD BRANSON
C. DONALD TRUMP

Send your answer and include your full name, address and a contact phone number to **competition@chichesterherald.co.uk**. One lucky winner will be selected at random. Closing time is Tuesday 25th March 2014 at midday. The winner will be notified later on that day. Last weeks winner was Jake Culank from Selsey. Chichester Herald competition terms and conditions apply.

cineworld CINEMAS

Cineworld Chichester
Chichester Gate, Chichester, PO19 8EL
0871 200 2000

Exciting Easter entertainment at Aldingbourne

LOOKING FOR SOMETHING to do over the Easter Holidays? An Easter extravaganza of family fun has been organised at the Aldingbourne Country Centre. Starting on the Saturday 5 April there will be two weeks packed full of activities. The holidays with start with falconry flying displays from Hawking Around on 5 April. Got a prize pooch? Come up to the Country Centre on 7 April to enter your dog in the Mount Noddy & Mad About Dogs dog show. There will also be Flyball and Agility demonstrations. Give a Lamb a cuddle on the 8 April and a Husky a hug on the 18 April. Get up close to Owls on 11 April and meet Owls 4U. 13 April is Emergency Services Day – meet the police, fire brigade, ambulance Service and discover what they do to keep us safe.

There are plenty of Easter activities taking place – Easter Egg Hunt, Easter bonnet parade and a fancy dress competition, so time to get creative and make those spring costumes. The highlight of the two weeks has to be a visit from Peppa Pig on Saturday 12 April. After being a huge hit last year at the Country Centre, Peppa is returning to make special appearances throughout the day to say hello to her fans.

The two weeks of exciting activities will end with a Vintage Fun Fair on Saturday 19 April, with Zorbs, Tea cup rides, Punks Vintage Ice Cream, Face Paint 4U, and a chance for children to see if they are the next Lewis Hamilton on go karts on Bank Holiday Monday.

The Aldingbourne Country Centre is open 10am – 5pm (except Easter Sunday) and is situated on Blackmill Lane, just off the eastbound A27 near Fontwell. The holiday activities are included in the entry charge of £3 per person, with exception of the Go Karts which are an additional £3 per person to ride. People can also look around the Country Centre and visit the Farm, Cafe, plants, furniture restoration, gift shop and wood recycling. For more information please visit the website www.aldingbournetrust.co.uk/news_and_events/events or call 01243 542075.

The money raised from the Easter Holiday activities will go back into the charity – Aldingbourne Trust. The Trust supports adults with learning disabilities in West Sussex to live independently, develop their skills and seek potential employment.

Two for one entry to The Novium museum during English Tourism Week – plus mums get in free on Mother's Day!

VISITORS to The Novium museum can enjoy two for one entry during English Tourism Week. Plus, mums get in for free on Mother's Day (Sunday 30 March).

The museum in Chichester is offering the two for one entry from Saturday 29 March to Thursday 3 April.

Visit England's English Tourism Week is a week-long celebration of events which showcase the range of visitor experiences the country has to offer and the value it brings to the nation.

The Novium tells the story of the Chichester District over the past 500,000 years.

The remains of Chichester's Roman bath house dominate the ground floor. Among the many other fascinating exhibits include the Bosham Head which is thought to be a statue of the Roman emperor, Trajan, dating back to AD 122, the Chilgrove Mosaic and the Jupiter Stone, a portion of Roman sculpture based dated between the late first and early third century AD.

Chichester's Tourist Information Centre – known as shop@thenovium – is also located in The Novium offering visitors accommodation bookings, National Express tickets, ticket sales and theatre bookings. The shop offers a wide range of local and unique crafts and gifts, publications and souvenirs.

The Novium tells the story of the Chichester District over the past 500 000 years

Councillor Myles Cullen, Chichester District Council's Cabinet Member for Commercial Services, says: "By supporting English Tourism Week we hope not only to raise the profile of the district to new visitors but also to remind district residents what fantastic things are on offer such as The Novium museum, and the excellent services offered by our tourism team here, right on their doorstep."

The Novium museum and Tourist Information Centre are located in Tower Street, Chichester. For further information or details about events please call 01243 775888, see www.thenovium.org or email chitic@chichester.org.

What's On in your local area...

• **Local sustainability group Transition Chichester** will be holding a ceilidh on Saturday 22 March in order to mark the Spring Equinox, raise some funds for its numerous projects and generally have some musical and dancing fun. Caller Tony Clark will lead participants through a variety of simple and fun dances which will be suitable for everyone from 8 years old to 80. Tickets are also being sold for those that simply want to come and observe the fun – so the event really is open to all whatever your age or ability. Tickets cost £5 a head and must be purchased in advance from Sarah or Tony Clark who are contactable on 01243 776 464 / sarahandanthony@talktalk.net. Date: Saturday 22 March 7pm | 11pm. Cost: £5 per head. Venue: The Newell Centre, Tozer Way, Chichester PO19 7LG.

• **One of Alan Ayckbourns most** popular comedies, How the Other Half Loves, opens at the Arundel Playhouse, London Road, Arundel on 17 March for six nights starting at 7.45pm. Tickets for the Arundel Players production cost £11 and are available by calling the Box Office on 07523 417926.

• **4SIGHT** We have a range of activities starting at our 4SIGHT Centre in Bognor Regis. These include: Discussion Group starting 28th February, Games Group starting 5th March and a series of Wellbeing activities running from 18th March. All activities are for those with a visual impairment or disadvantaged through a disability. Contact: 01243 828555 for further information.

• **Concorde is a social club which** provides friendship and companionship for single people. It's not a dating club but any members who form relationships or marry remain members. It meets every Tuesday at the Walnut Tree Function, and holds a variety of events throughout the year. New members are very welcome. Anyone who would like more information can visit www.concordesinglessocialclub.org.uk or phone 01243 575083 or 01243 604715.

• **CHICHESTER PICKERS** (The Chichester Acoustic Music Club) invites all who would like to sing/play their own choice of music and those who would like to enjoy local musicians performing in an intimate and friendly gathering. We have players at varying levels but we are not judgemental. We meet every second and fourth Thursday in the skittle alley of the Gribble Inn, Gribble Lane, Oving, PO20 2BF. More details from Andrew@andrewperry.plus.com or 01243 776391.

• **Chichester Art Society has a series** of five workshops in April and May to help you be A More Creative Artist. They will be tutored by one of the Society's talented members Shân Harries and are designed to show you various techniques and approaches to enliven your work and take it in new directions. They run from 1.30pm to 4.30pm on Tuesdays April 1st, 8th, 15th, 29th and May 6th at Bassil Shippam Centre (parking and easy access) and are open to non-members at £30 each or £115 for all five (to include refreshments). For further information and to book a place contact the secretary on 01243 602360 or email jean.campbell@zen.co.uk.

• **Monthly meetings carried out** partially in Welsh rest in English-all levels of Welsh welcome- meetings in members houses- contact Geoffrey on 07948 215 256 or gbthompson@btinternet.com.

• **TALK Sussex Family History Group** Chichester: Wednesday 26th March 2014. Using Maps: Tithe, Enclosure, Ordnance Survey and Estate is the title of the talk by local genealogist Les Mitchinson at Sussex Family History Group's Chichester Centre on Wednesday 26th March. Visitors very welcome, entrance free. Book stall and refreshments available. The talk starts at 7.30pm in St Georges Church Parish Centre, Cleveland Road, Chichester (entrance behind the church). Parking available. More details 01243 787087 or visit www.sfhg.org.uk.

• **The tenth annual Fishbourne Flat** Five will take place on Sunday 1 June. This hugely popular event will as ever be a 5-mile run/walk following the traditional course around the harbour. We will meet at the Fishbourne Centre at 09.45am with the event starting at 10.00am. This event is aimed at competitive runners and first timers as well as family duals or groups who enjoy walking round the harbour. This year we are delighted to announce that money will be raised for Fishbourne Primary School. They are raising funds to replace the existing old and worn-out staging with a modular staging system which would allow the school to create anything from a flat staged area for a nativity play to a multi-tiered stage for a musical performance. It would be absolutely fantastic if we could have lots of local walkers and runners to support this excellent project which will be benefit all the children who attend the school. Entry forms and further details will shortly be available from the website www.fishbourneflatfive.co.uk or at Fishbourne Primary School, the Fishbourne Centre, Beckie Lou and the Westgate Centre or please contact Su Leeming on 01243 774311.

If you would like a non-profit or profit to charity event listed, then send 70 words to events@chichesterherald.co.uk. All listings are subject to change without notice and it entioned here as supplied and in good faith. Chichester Herald cannot be held responsible for any changes occurring after publication.

Food & Drink

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Fried food bad for those at genetic risk

Eating fried food more than four times a week may have twice as hig an effect on body mass index (BMI) for those with the highest genetic risk of developing ohesity, research indicates.

IN A FIRST such study, a team of US researchers analysed interactions between fried food consumption and genetic risk associated with obesity in over 37,000 men and women taking part in three large US health trials.

"Our findings emphasise the importance of reducing fried food consumption in the prevention of obesity, particularly in individuals genetically predisposed to adiposity (fatness)," said Lu Qi, assistant professor at Harvard School of Public Health.

The researchers used food frequency questionnaires to assess fried food consumption – both at home and away from home – and a genetic risk score based on 32 known genetic variants associated with BMI and obesity.

Three categories of fried food consumption were identified: less than once a week, one to three times a week, and four or more times a week.

Genetic risk scores ranged from 0 to 64 and those with a higher score had a higher BMI.

Height and body weight were assessed at the start of the trials, and weight was requested at each follow up questionnaire. Lifestyle information, such as physical activity and smoking, was also collected.

The researchers found consistent interactions between fried food consumption and genetic risk scores on BMI.

However, the association between fried food consumption and adiposity may vary according to differences in genetic predisposition among people.

"This work provides formal proof of interaction between a combined genetic risk score and environment in obesity," wrote professor Alexandra Blakemore and Jessica Buxton at Imperial College London in an editorial.

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HIGHGROVE HOUSE GARDEN TOUR
THURSDAY 1 MAY 2014
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(Includes packed lunch)

On arrival at Highgrove Gardens at approximately 1230hrs your tour will begin which takes approximately 2 hours and covers 2 miles of garden. Afterwards there will be time for refreshments and visiting the Highgrove Shop. Your garden tour will be led by one of His Royal Highness's Garden Guides who are knowledgeable about most aspects of the garden. Some paths are unmade so stout shoes and suitable clothing as tours continue during wet weather.

Please note: this excursion is available without the packed lunch.

Pick ups in Chichester, Rose Green, North Bersted, Bognor, Felpham, Littlehampton & Rustington

01243 868080

Park Road, Bognor Regis, West Sussex, PO21 2PX

Shoppers make the most of early spring weather

WITH SPRING coming early for much of the country last week our sales reflected shoppers' desires to be outside and enjoy the sunshine.

The run up to Mother's day – which is normally one of the busiest trading periods outside Christmas and Easter – would have fallen in this trading week last year. This makes meaningful top line comparisons versus last year impossible (0.7 per cent lower for the week excluding fuel), however key sales trends all point to an appreciation of the unseasonably warm weather.

The ideal gardening conditions prompted a massive 700 per cent increase in sales of garden plant sales, with top sellers including box topiary, cottage garden plants and spring bulbs.

Our newly launched range of Alan Titchmarsh Grow Your Own lines proved extremely popular in the warm weather, with raspberries, strawberries and rhubarb leading the way.

And many of our customers chose not to leave the garden at all – opting to get their shopping delivered instead. Our Waitrose.com service continued its strong recent performance with sales growth of 76 per cent for the week.

The weekend's mild temperatures meant the first barbecue of the year for some. Sales of burgers were up by 121 per cent on Sunday, and sausages by 38 per cent.

Customers also snapped up the first English strawberries of the season, which arrived in shops at the weekend – a week earlier than last year. Soft fruit sales as whole increased by 12 per cent for the week.

And we announced in the week our full year 2013/14 sales, which were up 0.0 per cent to £6.11bn, 5.1 per cent like-for like. Key areas of growth included our convenience estate, which grew like-for-like sales by 0.1 per cent. Also Waitrose.com, which performed strongly with grocery gross sales up 41.4% for the year, during which time we have also nearly doubled the capacity of our branches to fulfil online orders.

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Training for the London Marathon

Denise Kelly
...uropathic
...onal Therap...st

I WAS FEELING relatively calm about my impending London Marathon run coming up in three weeks time! I have a knee injury, but considering a few hic-ups the training is going ok, the food intake is getting greener by the day and the sun has been shining, so life is good. I don't have a definite time of finishing...the aim is simply to finish. (Even if it's dark.) I have never run a marathon in my life, but it's one to tick off that bucket list. A fantastic amount of money has been raised for 'Save the Children', and that is a huge drive for me and will hopefully keep me motivated throughout!

However, when I started reading about Mo Farah's training, I started to feel very scared. When I read his training regime, it made me go weak at the knees and sent shivers down my spine that perhaps, I was not taking this seriously enough. This is what I read ..

Farah has been back at his regular winter base in Iten for the past two weeks, churning out the miles in the oxygen-depleted air 2,400 metres above sea level, just as he has done every year since 2008.

But this time there is a difference. He is here for a three-month training block – the longest he has ever been away from his wife and children – and is slowly coming to terms with a brutal, new training programme designed to transform him from an all conquering track athlete into a world-class marathon runner. And it is not easy.

"It's a bit like driving a car," he says. "You could drive it at 50mph and you would get there quicker but marathon training is like you're driving at 25mph on a bumpy road and holding on to the steering.

"Your body is just taking a beating all the time, but that's what the marathon is about – being stronger, getting the mileage in, getting back from your run, waking up the next day, going for a run, not feeling great. Farah admits he has never trained harder in his life for the simple reason that he believes his debut over 26.2 miles the London Marathon in April will be the toughest challenge of his career – harder even than his two races at the London Olympics and last year's World Championships in Moscow.

Well, if that's not a head wrecker, then I don't know what is! Any tips or positive Marathon stories that anyone can share with me would be greatly received. And massive congratulations to all of you out there who are training hard!

Coconut Water is great for hydration – vital for a good run

When to drink coconut water
Pre or post run or on runs of about 60 minutes or more

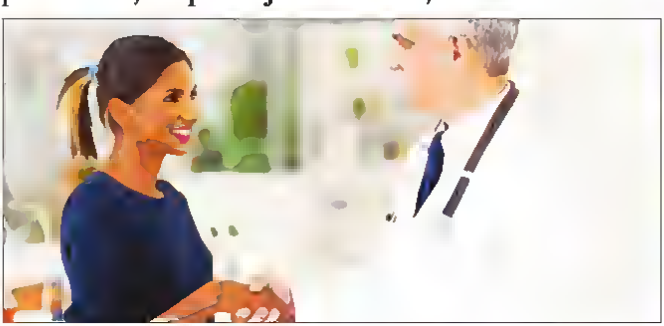
Why Coconut water is the clear liquid found inside the fruit contains none of the fat found in coconut milk and has a tangy light almond flavor. Eleven ounces contain 14 grams of sugar and 670 milligrams of potassium which is way more than leading sports drinks. Potassium works closely with sodium to maintain water balance and helps trigger muscles to contract and relax optimally. Coconut water has enough carbohydrates for a long run.

There is nothing more important than looking after your health to accomplish a thriving and vibrant life.

To get outstanding health and energy Denise does private consultations in three clinics in West Sussex. She also teaches life changing health workshops and seminars for corporate companies and various health organisations all over the world. For more information contact her www.denisekelly.co.uk Info@denisekelly.co.uk @DkNutrition 07730671436

Surgery can be life changing

Considering cosmetic surgery? "Protect yourself from inexperienced surgeons and untested procedures," explains Joanne Butler, lead cosmetic nurse at Nuffield Chichester Hospital.



Joanne Butler, lead cosmetic nurse at Nuffield Chichester Hospital

"I GENUINELY love my job," explains Joanne from Chichester. "Without doubt, the majority of people we see are unhappy about some aspect of their appearance. Surgery can be life changing for them if this hinders their confidence to such an extent it seriously impacts their life and prospects. We help to reshape ears and noses, change small, large or uneven breasts, remove excess skin post pregnancy or weight loss and we help people feel better about themselves through rejuvenation treatments.

Above all we have an excellent, dedicated team who listen and take time to explain carefully what is involved throughout the anticipated treatment journey. We have a duty of care to our patients and sometimes that may mean we advise them against surgery.

"I know there are some out there who seek cheaper options but given my extensive professional experience, I would urge people to primarily find the right surgeon and the best hospital to ensure they get the best possible outcome. Our consultants have specialist qualifications in cosmetics and plastics as well as being extremely knowledgeable and experienced. Each patient is a unique individual and is therefore treated accordingly. The surgeons see their patients at least twice before surgery and sometimes a third if needed.

"Evidence shows that younger people are normalising cosmetic surgery. It is becoming acceptable to 'get things done'. Attributed partly to the use of social media and the growth in celebrity culture, this can be worrying so I believe there is even more reason to be in 'safe hands'."

To find out more or book a free 1:1 consultation with a surgeon call Rachel Tel: 01243 887 277 or visit www.coastalcosmeticsurgery.co.uk

Cosmetic Event Invitation

We will be holding a free cosmetic information evening at The Bosham Clinic on **25th March at 7pm.**

There will be drinks and canapés on arrival followed by talks from Cosmetic surgeons, Mr Charles Durrant & Mr Jeremy Hurren from Nuffield Health Chichester Hospital.

Dr Annelize Meyer will also be on hand with information on the range of non-invasive options available at The Bosham Clinic.

To RSVP or for more information, contact

01243 885 863

chichester.enquires@nuffieldhealth.com

The Bosham Clinic, Main Rd, Chichester, West Sussex PO18 8AN

the bosham clinic

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Singletons spend £1,536 more a year than coupled-up Brits

SINGLETONS spend more on vanity products and clothes than those of us in relationships do, a new study has found. The study of 2,000 adults found marked differences in personal spending between those in couples and those who are yet to find love.

As well as shelling out more on items to make them look and feel good, the stats also showed singles spend more on drinks with family and takeaways.

It also emerged those in relationships spend £1,536 more a year on life's essentials such as bills and rent.

Anita Naik of VoucherCodes.co.uk, which commissioned the study, said: "There is a perception that singles get a raw deal when it comes to their finances, so it's surprising to see people in relationships spend significantly more than those who are on their own.

"Whether you are in a relationship or single, it's important to set some money aside every month to do the things you enjoy."

Despite singletons spending on average £87 a year more on nights out, loved up consumers are more likely to loosen the purse strings.

One in six in a relationship admitting they enjoy splashing out on day activities and fancy meals for each other, while more than one in three people in couples (37%) believe they save money by splitting costs with their partners.

Romantic getaways are the biggest expense for those in a relationship, spending on average £140 more per holiday than singles.

Those in couples are also more burdened with bills, with each partner spending a whopping £1,530 more a year on life's essentials such as insurance, rent, bills and the weekly food shop.

It also appears there's no such thing as budget beauty for single Brits who spend on average

£228 more a year on clothes and beauty products than those in relationships.

From online dating profiles, to buying drinks, dating can be an expensive minefield for single Brits who blow £324 a year in the hopes of finding love.

One in five people in couples (18%) admit to feeling sorry for singles for being unable to half costs in expensive situations like weddings and birthdays.

However, it seems single Brits are making the most of their partner free existence, with over half (53%) bragging it's great to be in control of every penny spent.

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Chinese medicine & acupuncture – a natural way to approach migraine

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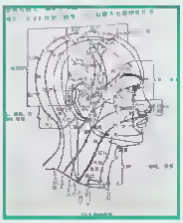

Dr FengWang is an associate of the ATCM (Association of Traditional Chinese Medicine and Acupuncture UK). He has been practising his profession over 18 years and has his own clinic in Chichester town centre.

Dr FengWang has been practising acupuncture and allied holistic therapies in London, Portmouth and Chichester for over 5 years. Prior to this having obtained his degree in Chengdu University of traditional Chinese medicine he had practised acupuncture and medical herbalism in China for 12 years.

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For more information visit www.atcm.co.uk.
Call: 01243 537806 for a free consultation, Free car parking.

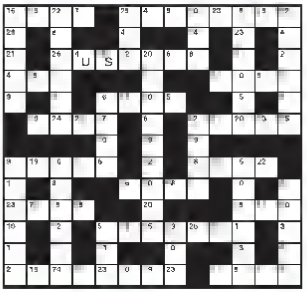
01243 537806

Licensed Pharmacist and an Associate of the Association of Traditional Chinese Medicine UK
www.atcm.co.uk

Brain Gym

Crossword

Each number in the grid represents a different letter of the alphabet and every letter of the alphabet is used. Use the given letter(s) to the right of the main grid to start you off.



Last week's solutions:

G	Y	M	L	I	T	Q	P	F	C	J	X	R
E	U	Z	O	K	A	D	W	B	H	S	V	N

Wordsquare

C	I	A
S	N	S
R	Z	E

Give yourself ten minutes to find as many words as possible using the letters in the grid. Each word must use the central letter and at least 3 others, and letters may be used only once. You cannot use plurals, foreign words or proper nouns, but verb forms ending in 's' are permitted. There is one 9-letter word to be found.

How you rate

20 words - average,
30 words - good,
40 words - very good;
50 or more - excellent.

Last week's solutions

Inequn, bulrge, bulrgae, bung, bungee, bunten, bunkering, burg, burned, burn, burned, burning, debug, drub, drug, dune, dung, during, enfuring, endoring, ennui, gerund, grub, guide, guilder, gunned, gunner, nidus, inure, inured, nidra, nodge, runts, rued, ruin, ruined, rung, runs, rung, onhand, unbind. Under, orge, organ, urine.

Double Crossword

Choose either quick or cryptic clues

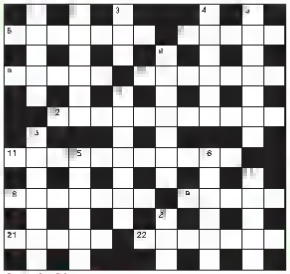
Cryptic Clues:

Across

9. He decides to make a racket (7)
7. Soft maladies for couples (5)
8. Appears to make sound jokes (5)
10. He's nice and foreign (7)
12. Intelligence in the making (11)
14. It won't keep you fully occupied (4-4,3)
18. One needs a couple of rings to get this number (7)
19. Turner writes articles in French and English (5)
21. Separate verse form (5)
22. His initial confusion was amusing (7)

Down

1. In a small way you'll find me prepared to fight (5)
2. He may fly from Marlon (5)
3. Carve a name, we hear (3)
4. Edible weed? (6)
5. Don't stop although a person is upset (5,2)
6. My niche, a cleft in a cliff? (7)
11. A fir-cone perhaps seen in the wood (7)
13. Greetings that affect us least (7)
15. Tinsel's more orderly arrangement (6)
16. A speaker who is skilled at splitting alternatives (6)
17. What he does is appropriate (5)
20. Fit for a little physical training (3)



Quick Cluss:

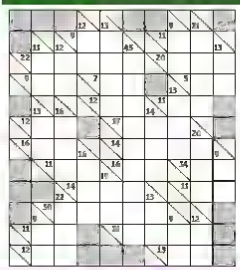
Across

5. Watery (7)
7. Narrative (5)
9. Devoutness (5)
10. Advent (7)
12. Inducement (11)
14. Disbelief (11)
18. Clearness (7)
19. Amusing (5)
21. Confuse (5)
22. Aid (7)

Down

1. Fit out (5)
2. Improved (6)
3. Owing (3)
4. Figurous (6)
5. Producer (7)
6. Small them (7)
11. Greed (7)
13. Canteen (7)
15. Seldom (6)
16. Three times (6)
17. Mock (5)
20. Shed (3)

Kakuro



Fill in the white squares with numbers 1 to 9. Each horizontal block must add up to the number in the shaded square to its left, and each vertical block to the number above. Numbers may be used once in each block.

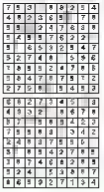
Last week's solutions:

Scribble pad

Sudoku

Fill in the grids below so that every column, every row and each of the 3x3 boxes contains all the digits from 1 to 9.

Last week's solutions – From top to bottom: Simple, Intermediate, Difficult



Simple

9			3					5
	4		7		2	9		3
2					6	7		
3		4		1		5		
	1			8	5		3	2
	5	8		3		4		7
		2						
5	7	3	1	6	4		8	
			5			3		6

Intermediate

	1	3			6		2	
8	7		5		4			6
				8		1		
9	5		1					
	8	4		3		7	6	
					5		1	9
				6				
	9	8	4		7		3	1
	2					6	7	

Difficult

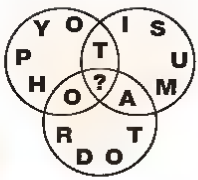
	7				3	4		
		9	6				5	
6				4			7	9
8			9					
			2		1			
				8				4
3	2		5					7
	6				2	3		
		8	7				6	

Last week's solutions

Crypt-o: Across: 1 Debenture, 7 Arena, 8 Todd-er, 10 Long shot, 11 Harp, 13 Recipe, 15 Damsel, 17 Asset, 18 Reserved, 21 Earnest, 22 Dense. 23 Fly and-large. Down: 1 Drawn, 2 Transept, 3 Notion, 4 Tender, 5 Orleans, 6 Tear-made, 9 Royal boiler, 10 Lavender, 14 Clearly, 16 Dental, 18 Venue, 20 Lean. QUICK. Across: 1 Parliament, 7 Aired, 8 Special, 10 Dismayed, 11 Ring, 13 Employ, 15 Street, 17 Drug, 18 Welsh, 21 Diploma, 22 Avens. 23 Prospectus. Down: 1 Parts, 2 Revolver, 3 Instep, 4 Used, 5 Asiatic, 6 Hand headed, 9 Lighthouse, 12 Shilvart, 14 Prosper, 18 Relate, 19 Omens, 20 Tons.

Circlegram

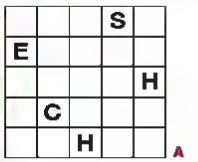
Replace the quest on mark with a letter so that the letters within each circle can be arranged to form words on a common theme. What are the three words and the letter represented by the question mark?



Last week's solutions:
The letter represented by the question marks is O. Harriott, Cridook, Grigson - all celebrity chefs.

Alphamuddle

Rearrange the letters in the grid B to make five words that read both across and down. Five letters have been placed to start you off.



A

S	H	E	R	T
E	A	S	T	E
C	H	A	N	E
J	A	T	A	C
E	R	R	E	R

B

Last week's solutions:
Plume, Limit, Umbra, Mires, Stash.

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Property

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FEATURE PROPERTY:
ALDWICK
£630,000

Spacious & interesting attached property situated in a small private marine estate with access to the beach The property which would benefit from some refurbishment comprises the West wing of approx half of the original detached house G F H & solar panels majority dble glazing, impressive dual aspect open plan living rm plus sep dining area sun rm kit/breakfast area shower rm, first fl reception rm first floor kitchenette master bed with en suite shower rm 2 further bedrms bathrm dble garage and good sized gdns with access to a small copse which is collectively owned by the residents EPC RATING E Further 3 bedroom adjoining flat/annexe now available EPC RATING D

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CRAIGWEIL-ON-SEA £425,000

A very well presented luxury apartment situated on the first floor in landscaped gardens with direct access to the beach. A good sized lounge with sep dining area both offering views over the garden to the sea, sun balcony, master bedroom with sea views & en suite shower room, two further double bedrooms, bathroom, fitted kitchen, garage and delightful communal gardens. EPC Rating C

CRAIGWEIL PRIVATE ESTATE £795,000

Well presented modern detached house situated in private marine estate around 200 yards from the beach. Large South facing lounge, spacious dining room, versatile dual aspect study, kit/breakfast room, utility room, an unusual curved staircase and landing, master bedroom with en suite bathroom and balcony, three further bedrooms, family bathroom, detached double garage and gardens including a South facing rear. EPC Rating D

ALDWICK £650,000

A Character house situated on a corner plot. The specification of this well presented property includes g t h dble glazing, dual aspect lounge and sep dining room, kitchen/breakfast room with conservatory extension, utility room, master bedroom with en suite shower room, four further bedrooms, family bathroom, separate w.c, garage and good size gardens. EPC Rating F

ALDWICK £475,000

A spacious detached bungalow situated in a cul de-sac of the Aldwick Fields residential development. The property has had an extensive programme of extension & modernisation by the current owners. Large L shaped living room, refitted kitchen/breakfast room, further reception room with attached study, conservatory, master bedroom with en suite bathroom, three further bedrooms, refitted family bathroom, double garage and a large Southern rear garden. EPC Rating C

ALDWICK BAY ESTATE £270,000

A very well presented first floor apartment situated in a small development approx. 150 yards from the private marine estate. The apartment has been made the subject of a programme of refurbishment and modernisation and includes g.f.h. u.P.V.C. dble glazing, dual aspect living rm with windows to South and West, attractive kit/breakfast rm, two bedrms, fully tiled shower rm, garage in nearby compound and use of landscaped communal gardens. EPC RATING C

CRAIGWEIL-ON-SEA £237,500

A two bedroom ground floor flat situated in a private road within three hundred yards of the beach. G.F.H. - u.P.V.C. double glazing, a 17' triple aspect living room, two double bedrooms, a refitted kitchen, refitted bathroom, a garage and a private South West facing rear garden. EPC Rating E

ALDWICK £227,500

A well presented two bedroom first floor apartment situated in a private marine estate with 150 yards of the gated access to the beach. G.F.H. - u.P.V.C. dble glazing, attractive living room combining the lounge & kitchen with doors to South facing balcony, bathroom, allocated parking, South facing communal gardens. NO FORWARD CHAIN. EPC RATING B

Motors

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Avoid the financial sting of a flooded car

WITH FLOODS affecting many areas of the UK over recent weeks, motorists looking to buy a used car should be mindful of checking potential purchases carefully for any potential water damage before parting with their cash.

Tim Naylor, editor of BCA's annual Used Car Market Report commented "Potentially hundreds if not thousands of cars will have been damaged in the floods and many will have been written off because of the cost of repairing electrical components, interior fittings and catalytic convertors. Rather than claim against insurance, some unscrupulous sellers may try to pass off their cars in a private sale, so buyers should be aware of the tell-tale signs."

"Even the most scrupulous clean may not totally eradicate water damage, so be a 'flood detective' when appraising a potential purchase. Screws, bolts and fixings may well rust, so check out-of-the-way areas under the dash, seats, door sills and engine bay. Look for fine silt deposits in spots like the spare wheel storage area, door handle recesses or footwells. Are the carpets damp, irregular and ill-fitting or even been replaced? Are the windows constantly steaming up? These could be clues the car has sat in deep water."

He added 'Don't just use your eyes. Does the car smell musty or damp? Even if the interior has been cleaned there may be a smell of stagnant water lingering inside and door panels might be warped or even have a faint tide mark."

While the financial consequences could be considerable, there is a potentially significant danger to life and limb by driving a flood damaged vehicle. Braking systems may be compromised, while an electrical fault in today's sophisticated engines could leave you stranded at a moment's notice or – even worse – cause a high speed accident.

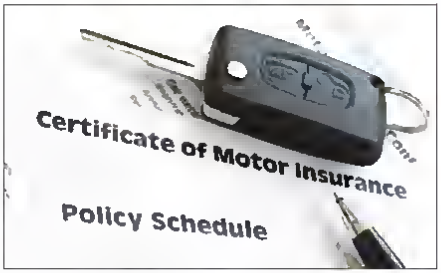
Naylor added ' As always, if you are thinking of buying privately rather than from a reputable dealer, be sensible and make sure you check over the car fully. Even better, ask a competent mechanic to examine your potential purchase before making a decision."

Check last year's policy to avoid paying a premium

AS PEAK car insurance renewal season approaches, Gocompare.com comments on the Which? campaign calling on insurance companies to show last year's premium alongside renewal quotes.

Which? recently surveyed 30 of the biggest UK insurers to find out whether they currently include the previous year's premium on renewal reminder letters. Of those surveyed, only Swiftcover was found to do so.

Lee Griffin, chief operating officer at Gocompare.com, commented "The first thing customers want to know when they get their car insurance renewal is how much their premium has changed compared to the previous year. Sadly, it is the one piece of information they are unlikely to find on the renewal letter itself. As a result, only 52% of drivers go to the effort of checking last year's premium, and it is likely to be one of the reasons why nearly a third of drivers simply renew with the same insurer without shopping around. And 40% of those who blindly renewed did so because they felt their insurer offered good value last year and so believed it would be the same this time around.



"I think most consumers would struggle to understand why insurers can't tell you the amount you are currently paying them. As a result, it is bound to lead to calls of a lack of transparency. The truth is insurers rely on a certain degree of apathy from their customers and, worse still, around one in 10 drivers say they actually feel under pressure to renew with their existing insurer.

"It is important to remind consumers that they have a range of options at renewal but it all begins with understanding how your premium has changed, how the cover offered may have varied and how your own needs may have altered. You can then use a comparison site to see what over 100 different insurance brands are prepared to offer you for the year ahead."

New research by Gocompare.com recently revealed that millions of motorists could be over paying to the tune of £2 billion a year for their car insurance simply by allowing their insurer to automatically renew their policy.

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Sport

Football

Shrubb fires City to glory

Sussex Cup Final
Brighton and Hove Albion 0 – 3
Chichester City Ladies

WITH A TACTICAL session this week the players went into this game knowing the game plan that manager Matt Wright wanted them to play and they took to the field ready to make club history

In foggy conditions it looked at times that the game might be called off before it started but with a record amount of fans (381) flooding through the gates and visibility on the pitch matching the rules the game started.

Chichester started with two players in Kally Ambler and Lauren Cheshire up front who were willing runners and closed down the Brighton defence regularly to give them no time on the ball. An early free kick was awarded to Chichester and Hollie Wride stepped up to find the roof of the net from outside the area giving the so called underdogs the lead 1-0.

Chichester changed formation for the start of the second half when they packed out midfield and left one striker up top. This did mean that Brighton had a lot of possession of the football but Emma Alexandre and Taylor McGlashan were superb at the back together for the Chichester defence.

Another master class in tactics meant the tired Kally Ambler was replaced by Abbey Shrubb, one of the best players to play a lone striker role. When Chichester had the ball Shrubb was willing to run the channels to help keep possession. Brighton changed to three at the back in an attempt to get back into the game but this only helped Shrubb on the counter attack. On one occasion she broke down the right beat the Brighton centre back and unleashed a shot of world class into the left hand top corner from the right hand side of the pitch. The keeper stood no chance with her strike and Chichester were in dream land 2-0 up with 15 minutes to go. The crowd inside Lancing FC was magnificent and this only helped the ladies to keep working hard and fight for every ball. With the 90 minutes on the clock Shrubb then won the ball back from Brighton, drove in to the box, rounded the keeper and tapped the ball into the empty net to make it 3-0 and send the cup into Chichester's hands.

This was a magnificent achievement by all involved on and off the pitch. The players, the staff and the volunteers at the club are very proud to be part of Green Army history. Everyone at the club would like to thank the supporters for their help during the game and always.

Football

City edge closer to title

Milford & Witley 1 – 3
Chichester City Ladies Reserves

CHICHESTER travelled to Milford this week trying to get that one step closer to league title with another 3 points.

On a beautifully sunny day and no wind this was a game that the fittest team would win. Chichester started brightly and began passing forward well, with Jemma Cottam-Verbruggen and Natalie Clarke winning the ball in centre midfield. The ball was played through to Sian Payne as she beat the offside trap and tried to lob the keeper. The keeper did get a hadd to it but the ball still found the back of the net for 0-1 to Chichester. It was clear that Milford were planning on playing very defensively as sometimes they had everyone behind the ball and their game plan seemed to be to ensure that the scoreline was a low one. Milford were however playing a high line and a couple of times Chichester were caught offside. Chichester were able to rest the injured Lauren Ellis and Jodie Greenway and the players who replaced them in Lizzie Ogden and Natalie Clarke the team were given very hard working midfielders. The ladies were pressuring the Milford back line but not able to make the final break through. Amber Beaven then broke down Chichester's produced some great skills to pass two Milford players and then hit a wonder strike into the right hand corner to make it 0-2. Natalie Clarke then hit an effort from the edge of the area which produced a great save from the Milford keeper. Chichester were comfortable but never really got out of second gear.

After the break Chichester changed formation trying a new 3-5-2 to pack out midfield and try to get their passing game together as it wasn't quite there today. Lucy Stanbridge came on to good effect down Chichester's right driving at the full back and using her pace. Chichester were starting to pile on the pressure and Milford's keeper was called into action on a couple of occasions. Several corners in succession were somehow cleared by the Milford defence until finally substitute Ellie Thorne got Chichester's third of the game, now 0-3. Milford did well down their right hand side when their striker's pace causing problems at times, but it was down their left hadd side where they got their consolation. Chichester's defence felt the ball had gone out for a goal kick and with a slight switch off the Milford striker pulled the ball back to a midfielder who found the bottom corner well, making it 1-3. The game came to a close and Chichester took the 3 points. With 3 games left in the league it is important now the ladies work hard until they have past the finish line. With a weekend off next week their next game is now at home to Milford and Witley at Hunston Community Club on 30th March, KO 2pm.

Sussex County Football League Tables

Division One

	Team	P	PTS
1	EAST PRESTON	25	69
2	LITTLEHAMPTON TOWN	27	55
3	CROWBOROUGH ATHLETIC	29	54
4	EAST GRINSTEAD TOWN	27	53
5	HASSOCKS	27	48
6	HORSHAM YMCA	27	47
7	PAGHAM	27	39
8	ST FRANCIS RANGERS	29	38
9	DORKING WANDERERS	26	37
10	SELSEY	29	35
11	CHICHESTER CITY	29	35
12	RINGMER	26	33
13	LINGFIELD	26	32
14	SHOREHAM	26	26
15	NEWHAVEN	25	29
16	ARUNDEL	24	27
17	RYE UNITED	23	26
18	LANCING	28	+24
19	HAILSHAM TOWN	24	19
20	WORTHING UNITED	26	5

* 6 pts deducted due to ineligible player

Division Two

	Team	P	PTS
1	EASTBOURNE UNITED AFC	24	60
2	LOXWOOD	25	58
3	BROADBRIDGE HEATH	23	51
4	HAYWARDS HEATH TOWN	25	40
5	LITTLE COMMON	25	40
6	BEXHILL UNITED	26	37
7	WICK & RARNHAM UNITED	25	36
8	STEYNING TOWN	22	36
9	MILE OAK	21	+32
10	WESTFIELD	23	31
11	AFC UCKFIELD	23	29
12	SALTDEAN UNITED	24	23
13	OAKWOOD	22	22
14	STORRINGTON	26	22
15	MIDHURST & EASEBOURNE	24	18
16	RUSTINGTON	26	17
17	SEAFORD TOWN	26	17

* 1pt deducted - ineligible player

Division Three

	Team	P	PTS
1	LANGNEY WANDERERS	11	29
2	IFIELD	14	25
3	SIDLESHAM	15	24
4	FERRING	12	22
5	ROFFEY	13	21
6	UCKFIELD TOWN	13	18
7	CLYMPING	15	18
8	BILLINGSHURST	15	14
9	SOUTHWICK	16	14
10	ROTTINGDEAN VILLAGE	15	14
11	HURSTPIERPOINT	11	13

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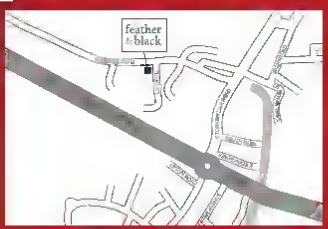

*All clearance products are subject to availability and are sold as seen